Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Friday 31 Mar 2023 until 23:59 on Saturday 01 Apr 2023

Forecast Issued on Thursday 30 Mar 2023 at 12:02

Confidence: High for Friday and most of Saturday but lower for timing of cloud and rain later Saturday and its clearance on Sunday. Low for timing of rain bands arriving from the west from late Monday.

Headline for Friday 31 Mar 2023: Mainly dry and bright but a few showers in afternoon. Breezy on the tops.

Mountain weather hazards on Friday 31 Mar 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Cloudy	Cloudy	Cloudy	Cloudy	Sunny intervals	Light rain showers	Light rain showers	Cloudy
Precipitation probability							
<05%	<05%	<05%	10%	20%	40%	40%	20%

Forecast for Friday 31 Mar 2023

Weather: Dry with clear spells and patchy low cloud overnight. Cloud lifting during the morning then mainly dry and bright. A few showers developing in the afternoon, some heavy, but moving through quite quickly. Showers dying out through the evening.

Chance of cloud-free hill tops above 800m: 30% becoming 80% during the morning. Dropping to 30% in evening.

Low cloud and visibility: Patchy cloud and fog down to low slopes at first but lifting during the morning to leave mainly good visibility. Poor in any afternoon showers with patchy cloud down to 500m then more extensive cloud developing over eastern fells in the evening.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 31 Mar 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	20/25 SE	22/28 E	25/32 E	24/31 NE	17/23 NE	15/20 NE	11/16 NE	11/16 NE	10/15 NE
600	14/20 E	17/25 E	17/25 E	13/19 NE	14/20 NE	13/19 NE	11/17 NE	11/16 NE	9/13 NE
300	6/17 SE	7/21 E	7/21 E	8/19 NE	7/17 NE	8/17 NE	7/13 NE	7/14 NE	6/12 NE
Valley	6/16 E	7/19 E	9/21 NE	10/21 NE	9/17 NE	10/17 NE	8/13 NE	10/16 NE	9/14 NE

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	4/-2	4/-2	3/-3	3/-3	5/0	5/1	4/0	2/-2	2/-2
600	5/1	5/1	4/-0	6/2	7/4	8/4	6/3	4/0	3/-0
300	7/5	7/5	6/4	8/6	10/9	10/8	8/7	6/4	5/3
Valley	9/7	9/7	8/6	10/8	12/11	12/10	11/9	9/6	8/6
Freezing Level*	1400m	1500m	1500m	1500m	1500m	1500m	1500m	1400m	1400m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Feeling quite warm in the valleys in the afternoon with highs of 14 or 15C but chilly on the tops with a cool northeasterly breeze.

Forecast for Saturday 01 Apr 2023

Weather: Patchy low cloud will slowly lift then a largely dry day with bright or sunny spells. Thicker cloud and outbreaks of rain are likely to spread in from the west late afternoon or early evening but the timing of this is currently very uncertain.

Maximum wind: Northeasterly 10-15mph.

Chance of cloud-free hill tops above 800m: 40% becoming 80% during the morning, lowering to 30% in evening.

Low cloud and visibility: Mainly good visibility. Patchy cloud and fog down to low slopes at first but lifting and breaking through the morning. Becoming poor at times later with patchy cloud down to 500m.

Temperature: **Valleys:** Plus 4C rising to 10 or 11C.
At 800m: Plus 1C rising to 4C.
Freezing level: 900m overnight, rising above summits.

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Ground Conditions Supplement

Date: Thursday 30 March 2023. Location: Clough Head summit (726m) at 11:15 Full report: A few showers but plenty of sunshine and light winds gave pleasant walking conditions in the Lake District. However despite the arrival of spring on the high fells summit temperatures were still only 5 degrees C and visibility was limited in cloud. A few small, isolated, and insignificant patches of old snow can still be found on steep north and east-facing slopes above 900m on Helvellyn, however, these are not in areas that walkers are likely to venture and the vast majority of the fells are currently snow free. Many of the Lake District Mountain Rescue Teams have been very busy recently so please go prepared and make good decisions while enjoying the fells. All hillgoers should be equipped with plenty of warm and waterproof clothing, hats and gloves, torch, whistle, survival bag and a map and compass. Temperature: plus 5.5 C, Maximum wind speed 14.4 mph, Wind chill: plus 0.9 C, Average wind speed: 11.7 mph.

Issued at: 1202 on Thu 30 Mar 2023

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